

## **BENEFITS OF TBS**

- Improved behaviors and attitudes
- Reduced family stress
- Strength based interventions, skills and education for the child, youth or young adult and for family or caregiver to use for continued behavioral success.
- Active, short-term treatment with long-term gains
- Empowerment of the child, youth, young adult, family or caregivers
- Increased ability to communicate feelings, wants and needs appropriately
- Child, youth or young adult stay in the least restrictive level of care



### **TBS CASE MANAGEMENT & COACHING PROVIDED BY:**

New Alternatives, Inc.

&

Mental Health Systems, Inc.

Behavioral Health Information & Referral  
The Access and Crisis Line  
1-800-479-3339

SAN DIEGO NETWORK OF CARE  
[www.sandiego.networkofcare.org](http://www.sandiego.networkofcare.org)



## **THERAPEUTIC BEHAVIORAL SERVICES (TBS)**



***For Children, Youth,  
and Young Adults with  
Full Scope Medi-Cal***

*County of San Diego  
Behavioral Health Services*



**TBS** is a short term one-to-one behavioral mental health coaching service for full-scope Medi-Cal (EPSDT) children, youth, and young adults up to age 21 and their families or caregivers with moderate to severe emotional or behavioral challenges.

## **OUR GOAL:**

The goal of **TBS** is to focus on those behaviors, attitudes and actions that are putting a child, youth or young adult's living situation at risk, assist them to gain the coping skills necessary to handle life's challenges or to help them be successful with a move from a higher to a lower level of care.



## **SERVICES:**

**TBS** uses a wide variety of behavioral interventions to support ongoing Medi-Cal therapeutic services. **TBS** is only offered if a child, youth or young adult is receiving other mental health treatment services.

Short-term intensive coaching from trained behavioral coaches help achieve short-term treatment goals, stabilize placement and maintain the least restrictive level of care possible by resolving problem behaviors.

Coaching services are provided at agreed upon times - up to seven days a week. Services can occur in home settings, the community and group home placement.



## **QUESTIONS?**

**County of San Diego TBS**

Phone: (619) 563-2756

## **FAX REFERRALS TO:**

**County of San Diego TBS**

Fax: (858) 467-9029

To access the **TBS** referral forms and to get **TBS** brochures visit:

<http://www.sdcounty.ca.gov/hhsa/programs/bhs>